

Secrets of Parenting Podcasts

Karen DeBord, Ph.D.
Professor & Extension Specialist, Child Development
North Carolina Cooperative Extension

Podcast #3

Hello, This is Karen DeBord and today we will be talking about Secrets of Parenting...those little tidbits that will help you as a parent to connect with your child and information that will help you build a relationship with your child.

- Let me ask you something...**Where do children learn most of what they will learn and know?** From television, adult role models or other children they play with? Although other children and television are places children will pick up information, adult role models are actually the strongest influence. Children really do watch adults for all sorts of things! However if there are no positive role models available or the role models are watching excessive TV, then television will be the next most powerful influence. Studies are even saying that TV can lead to Attention Deficit Disorder since it teaches children that life is pieced together in bits and clips. Let's just talk about television for a bit. Do you feel your child is hooked on video games? As parents, you should
 - Think twice before investing in video games at all.
 - Limit time on games
 - Disallow games with violence and profanity.
 - Preview games before allowing child to use them.
- Do you have the full cable package on your television? Are you concerned about what your child is watching?

The American Academy of Pediatrics calls for:

- limiting all media use to no more than two hours per day,
- watching television with children,
- removing television sets from children's bedrooms, and
- monitoring all media exposure, including video games and movies

More than half of all parents say they always limit what their children see on TV, but almost three-quarters admit their children still see televised violence at least once a week.

There are more television sets than people in the average American household. Excessive television viewing has been shown to lead to aggressive and violent conduct, obesity, early sexual behavior, and use of drugs and alcohol. In fact, children with televisions in their bedrooms and children that watch more television, both do worse academically.ⁱ

- And it's not just television we must be concerned about today. It is also the internet. As parents,
- Keep the computer in family space and walk through the room now and then

- Learn the special chat language. POS means parent over shoulder and LOL means Laughing out loud!
 - Check the computer history for recent activity including chat rooms
 - Talk to child about internet dangers including predators and file exchanging
 - Spend time with your child online, have them show you how to work
 - Instruct your child never to give out identifying information, photos or addresses to strangers or new friend they have never met before
 - Keep lines of communication open and spend time together. Becoming disconnected due to technology can be one of the most damaging things for a relationship with your child or other family members
 - Encourage positive uses of the internet
- Television and computers are a way that families become disconnected. And it is our job to create connections with our children. Think about it and what you will do to connect with your child. I am Karen DeBord with North Carolina Cooperative Extension.
-